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LONDON
RESTAURANT
JOE KOOL'S
ANSWERS
METRO'S CALL TO CREATE A HOT DOG INSPIRED BY ALL
THE EXCITEMENT BEHIND THE MEMORIAL CUP **PAGE 5**



How about a quick kiss, then, Camilla?

St. Thomas man brushes
elbows (and is denied a kiss)
with royalty in cross-Canada
trek to raise awareness
about homelessness **PAGE 3**

The world's largest organ donor

There is still much to learn
from this 100-plus-tonne
blue whale carcass that
floated onto the shore of
Trout River, N.L. **PAGES 6 & 7**

All hopped up on cinnamon swirls?

Maybe it's time to get off
sugar — or at the very least,
take a page from Anne
Alexander's book, *The
Sugar Smart Diet* **PAGE 15**



The London Knights were discouraged after losing 5-2 to Edmonton on Sunday at Budweiser Gardens. But with a win Wednesday against Guelph they would move on to the Memorial Cup tiebreaker the next day.

DAVE CHIDLEY/THE CANADIAN PRESS

Knights' next game critical to Cup run



The Cup Stops Here

Memorial Cup. As
host team sits winless,
London in danger of
losing Cup buzz



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Unsurprisingly, the on-ice success of the London Knights will have a direct effect on the Memorial Cup bottom line and the collective psyche of London hockey fans.

And after two consecutive losses to begin the Knights' quest to win their second-ever Canadian Hockey League championship, the resulting pressure is obvious to even the most casual of observers.

A win on Wednesday against the Ontario Hockey League champion Guelph Storm and the Knights will live another day, literally, as they

would then play in the Thursday tiebreaker.

Should they go all the way and win the Cup, they would be the first team to lose the opening two games and then win the title since the Windsor Spitfires did so in Rimouski, Que., in 2009.

A loss, and they will be eliminated and face the embarrassment of being the first host team to go three and out since the Québec Remparts in 2003.

Trevor Whiffen is the chair of London's host organizing committee and also the London Knights' governor on the

OHL board of directors.

"You want the host team to be strong and be in there right until the end. Even if you don't win, you want them in there as long as they can be," Whiffen said Monday, adding there is pressure on the Knights "for a whole host of reasons."

"This is our third consecutive Memorial Cup. We haven't won. A lot of (the players) are in their final year. There's NHL scouts looking at young guys. There are fans who are expecting us to win because we are a strong team," he said.

Whiffen said the Knights, as

host team, were ranked sixth in the country at the end of the regular schedule.

"We are still going to fill the rink on game day, but you don't want to lose any of the momentum in the Fanfest area or the beer tent," he said.

The tournament, he said, will meet the financial guarantee the team owners promised when submitting their bid to play host for the second time in 10 years.

"We want to put on a great event, that's the first priority, and then you don't want to lose money putting on the

great event," Whiffen said. "So we are going to be fine on both of those counts."

Knights' veteran centre Bo Horvat said the players understand the importance of winning Wednesday.

"It's definitely been a little nerve-racking, lots of pressure, but I think we're under pressure all the time in London," Horvat said. "You've always got the 9,000-plus fans in the building and you've always got the city behind you."

More Memorial Cup coverage on pages 5 and 17



MoMondays London business partners Victoria Craig, left, and Paula Morand, right, with Voytek Michalczyk, centre, director of sales and marketing at the Western Fair District. MIKE DONACHIE/METRO

Reach for the moon: Even if you miss, you'll land at MoMondays

Motivational.

Speakers sell out first event in London



MIKE DONACHIE
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Anyone who's feeling weary after the holiday weekend should try this idea on for size.

Motivational Mondays — shortened to MoMondays — is a new concept for London that aims to motivate you at the start of the week. It started on May 12 and was sold out two weeks in advance.

"More than 100 people came together to hear six

Wise words

"Whatever you do, follow your dreams. They know the way."

Paula Morand, MoMondays London business partner

stories that may motivate or change you, bring you to tears or make you laugh," said Paula Morand, who acts as the event's MC.

"You'll take something away and apply it to your life. If you're grumpy, you won't have a chance to be grumpy after MoMondays, because it will challenge you and make you smile."

MoMondays has other locations in Canada but is new to

London.

It held its first event at Aroma Restaurant on Richmond Street downtown, but its popularity led to a move to the Western Fair District. It's being run in the city by entrepreneurship specialists Jumpstart 720 International.

"This is a movement that's been started to help build joy in communities," said Morand, who's a motivational speaker, award-winning entre-

preneur and CEO of Jumpstart 720. "It brings a positivity in a world where things are so negative and filled with negative stories."

"It offers a time out, even once a month, to come together, be authentic and meet people and get to know people."

A ticket to MoMondays buys you the chance to hear powerful stories and connect with like-minded people.

"There must be a hunger for it because we were sold out," Morand added. "I think people are hungry for hope. I think social media is actually building loneliness."

"Coming together in person brings some of those rec-

Get involved

- MoMondays happen on the second Monday of every month and will be at the Western Fair District, on the Yuk Yuk's stage, for future events.

- For more information, to apply to be a speaker or to buy tickets, head to momondays.com/London.

- The next date is June 9. Doors open at 5 p.m.

Simcoe Street. Two men from London charged in SoHo armed robbery

Two men have been charged with armed robbery following a police standoff that forced the evacuation of several homes in SoHo.

Police were called just after 6 p.m. Friday to Simcoe Street near Maitland Street after reports of a home invasion involving a gun.

Michael Buller-Curcio, 23,

is facing an armed-robbery charge, and Clint Walker, 32, is facing charges of armed robbery and uttering death threats. Both men are from London.

Police are continuing to investigate the incident and are asking anyone with information to call 519-661-5670.

METRO

Not life-threatening

Cops investigate stabbing on Kipps Lane

A man was taken to hospital Sunday after a local stabbing.

Cops are investigating the incident, which happened at about 9 p.m. on Kipps Lane. The man's injuries were not believed to be life-threatening. Anyone with info can call 519-661-5670. METRO

Monday fire

Riverside blaze causes about \$80K in damages

A fire broke out at 117 Riverside Dr. on Monday around 1 a.m.

Firefighters reported "heavy fire, smoke and heat damage to the main floor area" and damage to the exterior.

Damage was estimated at \$80,000. Nobody was injured. METRO

Paragliding

Pilot in serious condition after Sunday crash

Ontario Provincial Police say an Aylmer man and experienced paraglider pilot was airlifted to hospital in serious condition after the paraglider he was flying crashed into a cliff near Port Bruce. Malahide Fire Services performed a steep angle rescue of the pilot.

THE CANADIAN PRESS

ognizable people in a network together to connect."



Jason McComb snaps a selfie on Sunday as his walk leaves Cape Breton, N.S.
FACEBOOK

Homelessness walker doubles his efforts

There and back again.

Jason McComb now plans to cycle across Canada



MIKE DONACHIE
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St. Thomas man Jason McComb was granted a royal encounter Monday as part of his Canada-wide walk, though he didn't get the kiss he wanted.

McComb, 37, was in Halifax for the arrival of Prince Charles and Camilla as he continued his trek to raise awareness of homelessness issues.

He gave the prince a hat with his slogan "Homeless Happens" and tried to give Camilla a kiss, but she politely declined.

"It was awesome," McComb told Metro. "(Prince Charles) told me I was a blessing. It was a great moment."

The campaigner arranged special transport for the brief detour from his walking route. He was heading back to the highway to continue his journey by Monday afternoon.

Plus, McComb has decided that spending a year walking across Canada isn't enough. Now, one month into his trip, he's planning to cycle all the way back home when he's done.

That means the whole trip could take two years. A meeting with Olympic cyclist and speed skater Clara Hughes led to the decision, McComb said.

"I met with her in Gander (N.L.)," McComb said. "She put her gold medal on me and it inspired me."

That thrill's been balanced by plenty of low points on the journey already.

"I don't have toes; I have blisters," McComb said. "If I keep walking it's fine, but if I stop and start walking again, it takes a bit of time to get numb again."

Another challenge is reaching communities to discuss homelessness issues because they're so far apart and sometimes a long way from the highway.

"Every area of the emotional spectrum, I've had it," McComb said. "I've been elated. I've been crushed. I've gone through every anger and every joy."

Along the way, though, he's had a "phenomenal" reaction from the public.

In addition to discussing social problems with those he meets, McComb has been speaking to groups and at events and said the support has been significant.

People have been stopping and giving him gift cards. A hotel donated a three-night stay so McComb could attend events.

Another time, after he couldn't find his way to a town and had to sleep in an abandoned van, McComb was woken up by a man who'd brought him a sandwich.

"It's been amazing," he said.

Catch up with McComb

- **On Twitter:** @HomelessMcJason
- **Facebook:** HomelessHappens
- **Website:** homelesshappens.net

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NDP leader Andrea Horwath, centre, shows off a London Knights jersey given to her at a stop in London on Friday with candidates Teresa Armstrong (London-Fanshawe), left, and Judy Bryant (London North Centre), right. SCOTT TAYLOR/METRO

Horwath puts brakes on high-speed rail plan

Speaking in London. Horwath cautioned expanding transit has to be done in a sensible way



SCOTT TAYLOR
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A Liberal plan to build a high-speed rail link that would see passengers move from London to Toronto in just 71 minutes is off the rails, according to NDP leader Andrea

Horwath.

Making her second stop in London since the June 12 election was called, Horwath said she'd like to see a plan that would make that happen at a cost that makes some kind of sense.

The rail link was part of the Liberals' 2014 budget pitch.

"I think that (Transportation Minister Glen) Murray came here making announcements that weren't grounded in any kind of real discussion, I don't believe, with the local community," she said Friday while campaigning with Lon-

On schools

- Schools threatened with closure due to dropping enrolment should be saved and upgraded for community use, NDP Leader Andrea Horwath said over the weekend.

don NDP candidates.

Horwath agreed that expanding public transit is a way to grow the province but cautioned it has to be done in a sensible way.

"Some of the figures that

Mr. Murray has put out make no sense whatsoever. They're not even grounded in reality," she said.

"I don't know where he's been reaching to get those numbers, but they seem to be coming out of thin air."

Horwath said she would sit down with cities like London, Windsor and Kitchener-Waterloo to work out solid transportation solutions going forward.

"But these are long-term plans, and there are interim steps that need to happen around our existing Go system," she cautioned.

In numbers

230,000

Number of Ontario college and university students who received the 30-per-cent tuition grant last year.

the financial burden.... This story is common to students throughout Ontario."

The grant offers roughly \$1,730 a year for a degree program and \$790 for a col-

lege diploma or certificate program. In order to qualify, family income must be less than \$160,000.

Some 600,000 students in the province are not eligible. The undergraduate student group, along with the College Student Alliance, has also created a website, itsyourvote.ca, for post-secondary students about the election and the importance of voting.

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TORSTAR NEWS SERVICE

Calling it quits. Green candidate drops out of London West race

The provincial election campaign has only just begun, but already one London candidate is out of the race.

Gary Brown, the Green Party's selection in London West, has withdrawn.

Brown, who came fifth in last year's byelection in the same riding, said his time was already taken up by other commitments, including a charity event and his membership on city hall's new cycling advisory group. To commit to campaigning for the June 12 provincial vote was a step too far, he told Metro.

"I've always kind of had a lot of commitments," Brown said. "It was always tough (to know) whether I'd have time to run."

"I made the decision one evening. I'd been up in Guelph (where Green party leader Mike Schreiner is running) canvassing all day, and I decided I don't have the time to commit."

But despite reports he's switched to the Liberals, Brown stopped short of endorsing London West rival candidate Nick Steinburg or Liberal premier Kathleen Wynne.

He agrees with them on some issues, like funding for cycling infrastructure and moving away from nuclear power,



Gary Brown. METRO FILE

even though he's not a Grit.

"But is my time best spent running against them?" Brown asked. "No."

Steinburg, unsurprisingly, was delighted by the development.

"I'd like to thank Gary for acknowledging that he and Kathleen Wynne have been working towards many of the same goals," Steinburg said. "I've met Gary on several occasions and I know he's a dedicated member of the community who's committed to improving the lives of Londoners."

A Green Party of Ontario spokesman said Monday that moves were underway to select a replacement for Brown.

MIKE DONACHIE/METRO

Talking politics. Breaking from McGuinty big task for Wynne, Western prof says

Running for political office sometimes means running from your party's history, which can make it tricky to avoid being tripped up by the ghosts of premiers past.

Kathleen Wynne has been Ontario premier for just 15 months, making her the only rookie leader in the campaign for the June 12 election, but she's not the only one who must deal with voters' vivid memories of high-profile former premiers.

Cameron Anderson, associate professor of political science at Western University, said Wynne has the biggest task in trying to distance herself from former Liberal premier Dalton McGuinty, who left office in 2012 under the cloud of the gas-plants scandal, which voters later learned could cost them up to \$1.1 billion.

"Wynne is the immediate inheritor of everything that McGuinty did, for good or for ill, depending on your per-

spective, but deficits, ballooning debt, scandals — that's fresher in people's minds," Anderson said.

"McGuinty is the bigger ghost, but it's certainly the case that (Mike) Harris lurks."

McGuinty has made Wynne's life a little easier by keeping a very low profile at Harvard University since leaving office, but she has to make voters judge her and her ideas for the future, not the 10-year government of which she played an integral part.

"I'm taking my integrity and my record on the road," Wynne said while campaigning.

Wynne has walked a fine line, taking responsibility for the positive things that happened under McGuinty like full-day kindergarten — she was a minister in his cabinet for 10 years — but said the gas-plant decisions were not handled properly.

THE CANADIAN PRESS

Ending tuition grant 'regressive,' group says

Instead of proposing to axe a 30-per-cent tuition discount for post-secondary students, whoever forms the next provincial government should make it available to more youth, says the president of the Ontario Undergraduate Student Alliance.

"We feel that this is a policy that is regressive — a policy that is taking a step backwards in terms of investment," said Jen Carter, referring to a campaign promise

by Tim Hudak that a Progressive Conservative government would scrap the fee break.

Carter herself benefitted from the tuition grant when her father became unemployed.

"My father lost his job right before I began university," said the fourth-year Western University student, who has received the grant for the past three years. "The 30-per-cent grant helped ease



Everyone in London's backing these horses

The Budweiser Clydesdale horses were a big draw to the downtown over the weekend as the festival surrounding the Memorial Cup hockey tournament got rolling. The horses are done making public appearances, but there are plenty of fan events planned through Sunday. Tuesday's lineup includes Fanfest outside Budweiser Gardens from 11 a.m. to 7:30 p.m. The beer garden opens at 4:30 p.m., with music starting an hour later. The beer tent's post-game concert starts at 9:30 p.m. For details, check mastercardmemorialcup.ca. THE CANADIAN PRESS

The Memorial Cup munch-out



Hockey hot-dogging.
Local restaurant shows its spirit with the Mem Cup Memorial Dog



MIKE DONACHIE
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If you're salivating at the thought of more Memorial Cup action, try this one for size.

Metro asked Joe Kool's bar and restaurant on Richmond Row to turn the 10-day hockey tournament into the inspiration for a special dish.

Crafted by staff who know their hot dogs, the creation has been dubbed the Mem Cup Memorial Dog.

Resplendent with London Knights colours — or at



The Mem Cup Memorial Dog.
MIKE DONACHIE/METRO

least as close as food will allow — it's even been added to the menu as a special while the hockey tournament continues.

Richmond Row may be a quick walk from all the action at Budweiser Gardens, but the Memorial Cup's a big deal for Joe Kool's, where hockey is king.

"It's a huge event for the city and for us," said general manager Ron Scarfone. "When we had the Memor-

Take a bite

The Mem Cup Memorial Dog is more than just a hot dog on a bun. Its ingredients were chosen, at Metro's request, to reflect the appropriate colours and atmosphere of the hockey tournament, but the taste also had to work. Here's what's inside:

- Representing the poppy on the Memorial Cup trophy: Red tomatoes.
- Representing London Knights green: Avocado, pickles and a hot pepper.
- Representing London Knights gold: Cheese, mustard and buttermilk-fried onions.

ial Cup in 2005, it was the best business in 30 years that we've done, in those 10 days."

What does it all mean to Joe Kool's?

Scarfone sums it up in a few words: "True hockey fans, great people and lots of fun."

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Leviathans under threat. A chance to stem more loss

On a cold Newfoundland morning last week, a man slicked with whale grease read aloud from a sort of shopping list.

"He wants a grapefruit-sized sample of liver, kidney, lung and ovary, but he said the ovary might be all mushy. He wants an eight-inch-wide part of the aorta. He wants an eye lens, if we can get it. He wants the wax earplugs and the longest pieces of baleen, starting below the gum line."

The man covered in grease was Burton Lim, assistant curator of mammalogy at the Royal Ontario Museum. The wish list came from Jack Lawson, a marine mammal research scientist at the Department of Fisheries and Oceans (DFO).

And they were "shopping" from the exposed abdominal cavity of a 100-plus-tonne blue-whale carcass that had floated to the shore of Trout River two weeks ago, bloated with gas, captivating millions with the threat it might explode.

It didn't. And for six days, after the ROM gained permission to take the skeleton to Ontario, the neighbouring town of Woody Point got a five-senses assault — Smell: the sourest stench imaginable. Sight: Egg yolk-yellow spinal matter. Sound: the thunk of meat hooks sinking into blubber. Touch: greasy goo, everywhere. There was even Taste for anyone unlucky enough to be caught open-mouthed at the wrong time.

'We were worried they were blues'

Blue whales are the largest animal ever to exist on Earth, but we know very little about them. And this whale was from a Canadian group struggling to reproduce, for reasons researchers do not understand.

The loss of a mature female — at least three, actually; two more washed ashore along the same coast — is a severe blow to conservation efforts. But it is a precious opportunity to study an exquisitely evolved animal and perhaps find out why her population is under threat.

Lawson first laid eyes on the whale on March 21. A woman in southwest Newfoundland had snapped pictures of something dark in the sea ice.

"We were worried they were blues," he says. A flyover confirmed it: Nine mature blue whales, apparently crushed in sea ice. Lawson was horrified.

Blue whales are endangered globally, but the Western Atlantic population that frequents Canadian waters is particularly troubled. While the eastern Atlantic group that swims from

Iceland to the Azores numbers at least 1,100, there are likely no more than 250 adults here.

Worse, the whales aren't reproducing well. In 35 years of monitoring this population, Richard Sears, founder of the Mingan Island Cetacean Study on the St. Lawrence River, has spotted just 22 calves.

"There's something going on with the animals in the Northwest Atlantic that's not good," says Sears.

'We're just looking for any clues'

Lawson wanted the aorta for show-and-tell, but everything else will be pored over to try to understand what is plaguing these creatures.

"We're just looking for any clues as to why this population isn't doing as well as we think it should be," says Lawson.

- **Pollutants.** Researchers will begin screening the whale's organ tissue and blubber for pollutants. Belugas in the St. Lawrence estuary have been shown to carry high levels of mercury, PCBs, DDT, the banned insecticide Mirex and other contaminants. Blue whales feed much lower on the food chain, so they face less exposure. The presence of toxins would be a major red flag.

- **Baleen.** Baleen is made of keratin, like our fingernails. As it grows, it stores information about the animal's diet. It might show the krill supply has changed over time or other problems in the ecosystem.

- **Climate change.** In the case of the Trout River whale and her eight kin, the direct cause of mortality is pretty obvious: Death by ice. In previous decades, when ice cover was more regular, it was common to see at most five blue whales killed by ice. That happens less now that climate change has decreased ice cover. "Maybe whales just aren't used to the ice anymore," says Sears.

- **DNA.** Genetic information from the Trout River whale will also provide crucial insights. Is it a match for DNA from several blue whales already on file? Are the western and eastern Atlantic populations really distinct? The Canadian Barcode of Life Network, which is building a database of genetic information for every species in Canada, will get its first blue whale.

And when the ROM uploads information about its collection to research databases, requests from all over the world will begin filtering in — a dead-whale explosion of a different sort.

TORSTAR NEWS SERVICE

The last pieces of blubber have been scraped, and the reporters have all gone home. But now Trout River, N.L.'s will now entertain a different audience: researchers. Here's a breakdown of the Royal Ontario Museum's recovery

A TALE OF



Flensing

A forgotten art in Newfoundland

Flensing, the stripping of whale blubber, was a practice familiar to Newfoundlanders just a generation ago. A beached blue whale would have been a bounty before the last two commercial whaling stations in the province shut down in 1972. Today, the removal of tonnes of whale flesh is a logistical nightmare, not to mention a nauseating mess.

The nine-person team — two from the ROM, three from Ontario's Research Casting International, three local workers and an American volunteer — started at the tail of the upside-down whale, removing chunks of blubber and meat with kitchen knives and huge fish hooks.



Vertebrae are stacked and tagged with poker chips before transport.
KATE ALLEN/TORSTAR NEWS SERVICE

Big job, big tools

Improvising with heavy machinery

As vertebrae were exposed and sawed off, a thick carpet of flesh from the whale's broad backside remained. Far too heavy to lift, the crew dealt with it by threading a sturdy rope through an incision in the flesh and lifting it with a front-end loader so the men could cut it into manageable pieces while it hung mid-air.

All the discarded chunks were thrown into the loader's bucket, dumped into a waiting truck and carted off to landfill. The bones — Fred Flintstone-size ribs, a flipper with a ball joint the size of a beach ball — were identified with coded poker chips and loaded into a semi-trailer triple-lined with plastic.

'Pudding gusher'

Rotten almost beyond recognition

The whale had been dead nearly two months, so its viscera were practically liquefied. But the ROM's Burton Lim was able to identify spleen, lungs, heart and liver from the oozing cavity. (His colleague Mark Engstrom started using "pudding gusher" as a technical term.)



Mark Engstrom, deputy director of collections and research, holds up an eye. KATE ALLEN/TORSTAR NEWS SERVICE

blue whale carcass — which fascinated millions with the threat of explosion and the scale of the removal effort — efforts and why the blue whale is such an important find.

A WHALE



TORSTAR NEWS SERVICE

Samples

Rummaging for grisly treasures

For safekeeping at the ROM, organ samples were scraped into cryogenic tubes and dropped into liquid nitrogen, flash-freezing them. The DFO's samples, along with a slice of aorta the width of a basketball, were bagged and picked up by fisheries officers.



A cross-section of the whale's aorta.
KATE ALLEN/TORSTAR NEWS SERVICE

Aging the whale

Valuable bits and pieces go missing

The eye lens and ear wax could be used to age the whale, which could be anywhere from 10 to 80 years old or more at sexual maturity. Scars on the ovaries would show whether she had calved. But all three were long gone, picked at by seagulls or lost in the mush.



Burton Lim samples spleen.
KATE ALLEN/TORSTAR NEWS SERVICE

Colossal cranium

Sometimes it's tough to get a head

When the crew used heavy machinery to peel back the massive sheet of blubber that housed the lower jaw, Lim got access to the baleen, the filter-feeding system made of hard, venetian-blind-like strips. He sawed a big chunk of the baleen off at the root and bagged it for pickup.

Eventually, there was nothing left of the whale in Woody Point but its upper cranium, which was too big to fit in the trailer and will probably be ferried in a shipping container.

TORSTAR NEWS SERVICE



Workers get down to the skeletal remains of the whale.
KATE ALLEN/TORSTAR NEWS SERVICE

Evolution and conservation

Our not-so-different kin



The similarity between humans and their marine mammal cousins is a useful avenue to talk about evolution, says Nick Pyenson, curator of marine mammal fossils at the Smithsonian. GETTY IMAGES FILE

There's much to be learned from the Trout River whale independent of scientific research — and that will occur after the skeleton has been degreased, reassembled and mounted for display, a goal many years and millions of fundraising dollars away. The next step for the skeleton will be to bury it in compost for 12 months.

Mark Engstrom, deputy director of collections and research, has been planning an exhibit on cetaceans — marine mammals — for years. He has collected a humpback, fin, minke, sperm, right and killer whale. But the last opportunity to acquire a blue came up 25 years ago. A blue whale, more massive than any known dinosaur, will be the capstone of the ROM's new collection. Engstrom intends to focus the exhibit around two major tent poles: Evolution and conservation.

Everyone knows that whales are mammals, not fish. But what that actually means becomes apparent when you see its skeleton. A blue whale's flipper bones have a disconcerting similarity to human anatomy. Only the proportion is off: The arm bones are much shorter, while the finger-equivalents are longer. Some blue whales even have vestigial hind legs enclosed in their skin, remnants of a former life on land. These exquisite adaptations create a convenient avenue to talk about evolution, says Nick Pyenson, curator of marine mammal fossils at the Smithsonian.

"The question is always, 'Why did the whale go back to water?' We can't tell you why, we can tell you how," he says. Whales' closest living terrestrial relatives are hippos. Fossils show that cetaceans evolved from hoofed animals.

As for conservation, people seem to be fascinated with their mammalian kin, reinforced by their sheer scale.

"Even though it's dead, it's still an amazing thing to be able to walk for 85 feet along the side of what was once a living thing and be able to see just how beautifully streamlined they are and how super-evolved to live in the marine environment," says Jack Lawson of the Department of Fisheries and Oceans. TORSTAR NEWS SERVICE



Dissection inspection

Here lies the Trout River blue whale's head and jaw. If you have a stomach of steel, scan this photo with your Metro News app to see more photos of the Royal Ontario Museum's team taking the carcass apart. KATE ALLEN/TORSTAR NEWS SERVICE

Reports: Data showed high gas levels before explosion



Nearly 2,000 university students, some wearing miners' hard hats, called on the government to resign as they marched to commemorate the beginning of the Turkish War of Independence in Ankara. BURHAN OZBILICI/THE ASSOCIATED PRESS

Turkish mine. Five people face charges in the disaster that killed more than 300

Sensors noted high levels of toxic gas inside a coal mine days before the disaster that killed 301 workers in Turkey, but company officials took no action, Turkish news reports said Monday.

Prosecutors, meanwhile, formally arrested two more people for the devastating mine fire in the western town of Soma, raising the number of suspects facing charges of negligent death to five. Those detained included executives and supervisors at mine owner Soma Komur Isletmeleri A.S., prosecutors say.

Chief prosecutor Bekir Sahiner said 25 people were initially detained as part of the probe, but several were released without charges while

eight others were released but could be charged later.

Turkish news reports said prosecutors and inspectors probing the mining disaster had seized data from the mine that indicated sensors showed high gas levels inside the mine as early as two days before May 13. Reports say company officials did not record the high levels on log books and took no precautions.

Sahiner said that a preliminary probe indicated that coal had been smouldering days before, causing the roof to collapse in one part of the mine and unleashing toxic gases that spread throughout. Government and mining officials have insisted that the mine was inspected regularly, that safety standards were high and that negligence wasn't a factor.

Police have broken up protests denouncing poor mine safety in Soma and in Turkey's three largest cities of Istanbul, Ankara and Izmir.

THE ASSOCIATED PRESS

Ukraine. Putin orders Russian troops deployed near border to pull back

In what could be an attempt to ease tensions with the West and avoid more sanctions, President Vladimir Putin ordered Russian troops deployed near Ukraine to return to their home bases Monday.

Putin also praised the launch of a dialogue between Ukraine's government and its opponents even as fighting continued in parts of the country ahead of Sunday's presidential election. The approach suggested that Putin may believe he has achieved his key goal of maintaining Russian influence over eastern Ukraine without

sending troops.

Russia still wants guarantees that Ukraine will not join NATO and will conduct constitutional reforms to give broader powers to its regions, something that would allow Moscow to maintain its clout in the Russian-speaking east.

Putin ordered Defence Minister Sergei Shoigu to pull back forces involved in "planned spring drills" to their home bases, the Kremlin said.

The United States and NATO said they saw no sign of a pull-out after Putin's claim of a withdrawal. THE ASSOCIATED PRESS

Syrian conflict

Death toll now over 160K: Watchdog

The toll in Syria's three-year conflict has reached at least 162,402 deaths, Britain-based Syrian Observatory for Human Rights said Monday.

The crisis has uprooted

some 6.5 million people from their homes, forced 2.7 million to flee, laid waste to cities and towns alike and unleashed sectarian hatred.

Civilians comprised about a third, or 53,978, of the observatory's new toll. Those deaths include 8,607 children and 5,586 women.

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Gay rights. Oregon judge overturns voter-approved ban on same-sex marriage

A federal judge on Monday struck down a voter-approved ban on gay marriage in the northwestern state of Oregon, calling it unconstitutional, in the latest legal victory for advocates of same-sex marriage.

U.S. District Judge Michael McShane joined judges in seven other states who have struck down gay-marriage bans this year, though appeals are underway and the issue is expected to be settled by the U.S. Supreme Court.

He said the ban unconstitutionally discriminates against same-sex couples and ordered Oregon not to enforce it. State officials earlier refused to defend the constitutional ban in court.

The U.S. Supreme Court last year struck down the 1996 Defence of Marriage Act, which barred the federal government from recognizing same-sex marriage. It determined the law improperly deprived gay couples of due process.

But opposition remains stiff in many places. Critics note

Fighting for equality

Ten states have already revisited same-sex marriage issues this year.

- Idaho, Oklahoma, Virginia, Michigan, Texas, Utah and Arkansas have overturned same-sex marriage bans.
- Kentucky, Ohio and Tennessee have been ordered by judges to recognize same-sex marriages from other states.

most states still do not allow gay marriage and that in most of those that do, it was the work of courts or legislatures, not the will of the people.

Oregon state officials have said they'd be prepared to carry out same-sex marriages almost immediately, and couples lined up outside the county clerk's office in Portland in anticipation of McShane's decision.

THE ASSOCIATED PRESS



What's 20 metres tall, 40 metres long and 90 million years old?

Pablo Puerta from the Museo Paleontológico Egidio Feruglio lies alongside a sauropod dinosaur femur in Trelew, Argentina. Scientists in Argentina have uncovered huge bones that could be from the largest dinosaur yet found, a kind of titanosaur that munched tree tops more than 90 million years ago. It's estimated the beast reached 20 metres tall, 40 metres long and weighed the equivalent of 14 or 15 adult African elephants. JOSE MARIA FARFAGLIA/THE ASSOCIATED PRESS

Kidnapped schoolgirls

'Spiritual' hunters wait to aid search

Traditional hunters armed with homemade guns, poisoned spears and amulets have gathered in Nigeria in their hundreds, eager to use their skills and what they believe to be supernatural

powers to help find nearly 300 schoolgirls abducted by Islamic extremists.

About 500 hunters, some as young as 18 and some in their 80s, say they have been specially selected for their spiritual hunting skills and have been waiting for two weeks in Maiduguri, the Borno state capital and the birthplace of Boko Haram, to

get backing from the military.

With Nigeria's military accused of not doing enough to rescue the girls, the hunters demonstrated their skills to an Associated Press reporter.

Cow horn trumpets echoed eerie war cries from the screaming and chanting men as they twirled knives and swords, occasionally stabbing and cutting themselves

with no apparent harm.

The hunters claimed their magic charms prevented any blood being drawn. They also trust amulets of herbs, animal teeth and leather bracelets to protect them from bullets.

A military spokesman did not immediately respond on whether it would take advantage of the hunters' local knowledge. THE ASSOCIATED PRESS

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Executive compensation

Target ex-CEO pay
fell 35% final year

Former Target CEO Gregg Steinhafel's total pay fell 35 per cent to \$13 million US in his last year at the helm as the company's board revamped compensation plans amid complaints from shareholders that he was paid too much, according to a regulatory filing.

Steinhafel, who had earned nearly \$20 million in the previous year, stepped down from the chairman and CEO role and resigned from the board earlier this month in the wake of a massive data breach and a botched expansion plan in Canada that have hurt its sales and profits.

THE ASSOCIATED PRESS

Burger King

Have It Your Way
now Be Your Way
in Generation Me

Burger King is scrapping its 40-year-old "Have It Your Way" slogan in favour of the more personal "Be Your Way." The chain says the new tag line will roll out across its marketing in the U.S., including in a TV ad that will begin airing Monday night. The line made its first appearance in an online video last month. Burger King says in a statement that the new motto is intended to remind people that "self-expression is most important and it's our differences that make us individuals instead of robots."

THE ASSOCIATED PRESS

Hello! Is it me you're
looking for? Feds haven't
got a clue if landlines in use

The federal government has been running a massive robo-call campaign out of Ottawa, dialling its own offices and hoping no one answers.

The objective? Ferret out and cancel the thousands of unused telephone lines that cost taxpayers millions each year.

So far, the robocalls have found at least 8,000 of them.

The project over the last year was to locate government lines that no one ever picks up, whether because of long-ago workforce downsizing, an office move or other reasons.

But Shared Services Canada, the agency in charge, has no master list of orphan telephone numbers for its 43 client departments, who are often sloppy about keeping track.

So it offered an auto-dialler system to the RCMP, Health Canada, Treasury Board and other big departments that allows them to ring their own office numbers to find out whether a lowly bureaucrat actually lifts the receiver at the other end.



Robocalls have found at least 8,000 unused government phones.

THE CANADIAN PRESS

So far, there have been no answers at 8,000 desktop telephones, which puts them on a watch list.

The agency can then use another automated system to help verify whether each inactive line is permanently idle. The system actively monitors any outgoing calls from these suspect lines, and sends a report to Shared Services Canada alerting officials if the line is in use after all.

Documents detailing the line-cancellation project were obtained by The Canadian Press through the Access to Information Act.

THE CANADIAN PRESS

Costly oversight

As of March 2012, there were 295,000 so-called Centrex telephone lines provided by Bell Canada to federal government departments and agencies in Ontario and Quebec, where the vast majority of public servants work.

- Shared Services Canada is working to get rid of as many of these lines as possible, with the goal of reducing the federal telephone bill by \$28.8 million by 2015.

Thai take to
the streets
as unrest
continues

Anti-government protesters blow whistles and show money which they will donate to their leader Suthep Thaugsuban during a march through streets in Bangkok, Thailand, Monday. Thailand's political crisis deepened last week when the Constitutional Court removed Prime Minister Yingluck Shinawatra for nepotism along with nine cabinet members in a case that many viewed as politically motivated. Protesters say Yingluck's removal is not enough, though. She was simply replaced by Niwattumrong, who was a deputy premier from the ruling party.

SARCHAI LALIT/THE ASSOCIATED PRESS

Google buys into
the BYOD trend

Bring your own device. As more workers use one smartphone for business and pleasure, Divide helps businesses manage the risks

Google has bought Divide, a startup that helps companies manage the mobile devices that employees are increasingly relying upon to get their work done.

Financial terms of the acquisition announced Mon-

day were not disclosed. The deal is part of Google's effort to widen corporate usage of smartphones and tablets running on Android, its mobile operating system.

Google is counting on Divide's technology to make companies feel more comfortable about allowing their employees to use Android devices for business email and other on-the-job tasks involving sensitive information.

More than one billion devices worldwide already are powered by Android, making it the world's leading mobile operating system. Divide

Leading the way

1 billion

With more than one billion devices worldwide powered by Android it is the world's leading mobile operating system.

also offers an app for Apple Inc.'s iPhones. Although Divide is joining Android, the company reassured existing iPhone customers that their device-management tools will continue to work.

Divide, originally known as Enterproud, was founded four years ago by former Mor-

gan Stanley executives who believed that the growing popularity of smartphones and tablets would drive more corporate demand for device-management tools.

The New York company has raised more than \$25 million US, including a \$12 million round led by Google's venture-capital arm. Other early investors included the venture capital divisions of smartphone chipmaker Qualcomm Inc. and Comcast Corp., the largest U.S. cable and high-speed Internet service.

THE ASSOCIATED PRESS



This wanted poster is displayed at the Justice Department in Washington on Monday. THE ASSOCIATED PRESS

Cyber-espionage 'the new normal'

The United States brought first-of-its kind cyber-espionage charges Monday against five Chinese military officials accused of hacking into U.S. companies to gain trade secrets.

According to the indictment, hackers targeted the U.S. nuclear power, metals and solar products industries and are accused of stealing trade secrets and economic espionage. The victims are Alcoa World Alumina, Westinghouse Elec-

tric Co., Allegheny Technologies, U.S. Steel Corp., United Steelworkers Union, and SolarWorld, Attorney General Eric Holder said.

The charges underscore a longtime Obama administration goal of prosecuting state-sponsored cyber threats.

"The alleged hacking appears to have been conducted for no other reason than to advantage state-owned companies and other interests in China

at the expense of businesses here in the United States," Holder told a news conference at the justice department. "This is a tactic that the United States government categorically denounces."

Said Bob Anderson Jr., executive assistant director of the FBI's criminal, cyber response and services division: "This is the new normal. This is what you're going to see on a recurring basis." THE ASSOCIATED PRESS

SLEEP HACK YOUR WAY TO SUCCESS?

While waiting in line at a coffee shop, I recently overheard a conversation between two women who seemed desperate to outdo one another's exhaustion level. They complained to each other about lack of sleep, hectic workweeks and the amount of caffeine required to compensate for their lack of energy.

In North America, it's not uncommon for individuals to wear fatigue as a badge of honour. We pride ourselves on being overscheduled while excess free time is viewed as an indication of laziness or lack of ambition. Even our biological need for sleep is now a sign of weakness.

When it comes to the perfect amount of shut-eye, experts seem divided on the number of hours we should be getting. Most doctors maintain that the average adult needs somewhere around seven to nine hours a night. However, one of the largest sleep studies ever conducted — with over 1.1 million participants — found that people who sleep for just six-and-a-half hours a night lived the longest.



SHE SAYS
Jessica Napier
metronews.ca

Dave Asprey, a tech entrepreneur turned life coach, is a prominent advocate for the "less-is-more" approach when it comes to sleep. A self-proclaimed bio-hacker, Asprey spent 15 years and \$250,000 of his own money consulting with doctors and scientists around the world and experimenting on his own body to alter his biology and become a more powerful human being.

He's now shilling his bio-hacking secrets through his website, The Bulletproof Executive, which offers lifestyle advice, techniques and tools designed to optimize your own biochemistry. He promises to teach people how to stay healthy and achieve a peak state of productivity by sleeping less than five hours a night. One of his more uncomfortable-sounding sleep-hacking

tips is to submerge your body in an ice bath prior to bedtime to accelerate the natural drop in internal temperature needed to fall asleep. He also recommends purchasing numerous slumber aids from his own line of branded products, which includes Bulletproof Coffee and other nutritional supplements.

Asprey boasts that he has trained his body to subsist on three to five hours of sleep a night and is able to wake up fully rested and functional the next morning. His evangelical arguments for a better life on less sleep are very appealing to time-starved individuals desperate to squeeze a few extra hours out of the work day and supercharge their efficiency.

And sure, these sleep-hacking techniques may allow you to answer a few more emails during the day or finish some neglected chores, but is more time spent conscious really worth the potential health risks? Asprey himself recognizes the dangers of sleep hacking and warns that he is not a physician and that his tips are on how to "safely(ish)" hack your sleep. Bypassing your own biological needs in the name of productivity is incredibly arrogant and ignores the many well-documented and dangerous problems associated with lack of sleep, including increased risk of cancer, heart disease, diabetes and weight gain.

Many of Asprey's tips — such as turning off electronics at least an hour before bed and eating low-mercury fish — are helpful in terms of getting better-quality sleep, but reducing the number of hours is still a risk. Sacrificing the quantity of resting hours means gambling with both your mental and physical well-being.

ZOOM

Out of the darkness ...



In this June 2013 photo provided by National Geographic, diver Susan Bird, working at the bottom of Hoyo Negro, a large dome-shaped underwater cave in Mexico's Yucatan Peninsula, brushes a human skull found at the site. Thousands of years ago, a teenage girl fell into this deep hole and died. Now her skeleton and DNA are helping scientists study the origins of the first Americans. PAUL NICKLEN/NATIONAL GEOGRAPHIC/THE ASSOCIATED PRESS

... and into the scientific spotlight

Mexican experts plan to extract the entire skeleton of a teenage girl who nearly 13,000 years ago toppled into a deep hole in a cave and died, an official said Monday.

An official said that so far only a molar and a rib fragment have been removed from the underground cave where the remains were found in 2007.

Once recovered, the remains will be studied and displayed. THE ASSOCIATED PRESS

Skeleton holds clues to first Americans

The discovery of the girl's skeleton is bolstering the long-held theory that humans arrived in the Americas by way of a land bridge from Asia.

DNA testing shows the girl is related, maternally at least, to today's native Americans, meaning both would trace their lineage to Beringia, the land masses on either side of the ancient land bridge now covered by the Bering Sea.

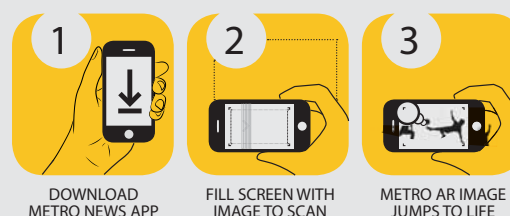
THE ASSOCIATED PRESS

Accidental discovery

- The girl's nearly complete skeleton was discovered by chance by expert divers who were mapping water-filled caves north of the city of Tulum, in the eastern part of the Yucatan Peninsula.
- The divers decided to name the girl Naia, after a water nymph of ancient Greek mythology.

METRO AUGMENTED REALITY

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MetroTube

Call of the cattle man



ANDREW FIFIELD
metronews.ca

Country rap exists. It's largely terrible, so you don't come across it much. But maybe there's hope. Maybe it's the approach that's wrong. Instead of mashing two genres of wildly different experiences and traditions together and hoping for the best, perhaps just allow things to happen organically. And like Darwin noticing the beaks on Galapagos finches, the adventurous optimist may see glimmers of country rap's original form in this video of a cattle auctioneer's calls transformed into smooth beats with the help of a few well-placed trap horns.



GETTY IMAGES FILE

(Via HNHD/YouTube)



SCENE 2

DVD review



Pompeii

Director. Paul W.S. Anderson

Stars. Kit Harington, Emily Browning, Kiefer Sutherland

● ● ● ● ●

Pompeii isn't the complete disaster you'd expect from Paul W.S. Anderson, who of course really wanted to make this movie. As a commercial director of infinite zeal for all things derivative, loud and messy, he would take to illustrating the big Roman bang of AD 79 like a zombie duck to a pool of blood. Actors — including in this case Kiefer Sutherland, Emily Browning and Games of Thrones' Kit Harington — can be such a nuisance when all you really want to do is light the fuse on a stack of dynamite. Yet it must be said that Pompeii doesn't completely suck, although it does blow, metaphorically speaking.

PETER HOWELL

Ebooks



The Performing Arts in Canada: A Celebration

By. Governor General's Performing Arts Award

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MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Using timelines, short films, and acceptance speech clips to transform an awards ceremony into an interactive book is a fantastic idea. True, the Governor General's Awards are more prestigious than entertaining, lack video content for their older years, but they do highlight the best names in TV, film, dance, music, and theatre. Plus this collection has William Shatner hilariously speak-singing O Canada.

How to train your regular Canadian boy

Jay Baruchel. Despite his success, writer and actor still feels out of place on a red carpet in Cannes — he's more comfortable in his PJs

Cannes is awash in glamorous celebrities who peacock on the festival's red carpet and confidently parade through its multitudes. Jay Baruchel is not one of them. He may be the most uncomfortable person in Cannes. Baruchel readily acknowledges it's "a little intense" for his tastes, which are not exactly red-carpet ready: "I don't like wearing suits or nothin'," he says.

The 32-year-old Canadian actor was in Cannes for the premiere of *How to Train Your Dragon 2*, for which (as with the Oscar-nominated 2010 original), he voices the main character, Hiccup, a young Viking who befriends the dragons his tribe has long slayed. Baruchel, who broke out in the Judd Apatow TV series *Undeclared*, is best known for his comedies, including *Knocked Up* and last summer's *This Is the End*. The anti-Hollywood version of himself he played in that film has some truth to it. Baruchel, who speaks with a Québécois accent, lives in his native Montreal blocks from his family. "I wish I wasn't known for hating Los Angeles, because I spend a good deal of time there," he says.

When you, your co-stars and a large model of the dragon from the film were chaotically mobbed on the Croisette in a promotional stunt Thursday, you prob-



Jay Baruchel is the voice of the young Viking Hiccup in *How To Train Your Dragon 2*. CONTRIBUTED

ably wondered how this could be your life...

The entire time. Exactly — "If my friends could see me now" type of thing. And what my life was two days ago: I look like a dirt bag more often than not. I'm in my pyjama pants 12 hours a day. The biggest thing I had to do two days ago was clean the litter boxes. And here I am on the Croisette and there's people getting elbowed in the head.

You've now spent some seven years



on Dragon, with a third film planned. What's that journey been like?

You can spend your entire career and never be part of something that's half as an important as *How to Train Your Dragon*. We all knew it was a good movie, but I don't know if any of us expected to it be a global phenomenon.

The hockey comedy you co-wrote, *Goon*, has a deserved cult following.

In the States, it's a cult life. In Canada, it was a bona fide, massive hit. We were number 1 in Canada when we opened, and English-Canadian movies are never number 1 ... Our American distributors (Magnolia Pictures) dropped the ball a bit, unfortunately. Their model is all about VOD, which is fine, but the movie deserved a better life. But it's achieved one. Hopefully if we get to make number two — I was writing it in my room yesterday — we'll get to do it properly in the States.

THE ASSOCIATED PRESS

Lucas '90s parody film gets re-release

A long time ago, in a galaxy without YouTube or Facebook, a group of young aspiring filmmakers wanted to release a short parody film.

The year was 1998 and friends Joe Nussbaum, Joseph Levy, Dan Shere and Tim Dowling were struggling to launch their careers. They noticed that other wannabe directors were making names for themselves by creating short mash-up movies, like *Swing Blade* and *Feeding Las Vegas*.

And so George Lucas in *Love* was born — a nine-minute parody of Shakespeare in *Love* that focuses on a young George Lucas (Martin Hynes) struggling to write a screenplay. He winds up finding inspiration in some familiar characters, including a stoner roommate obsessed with a "cosmic force," and an attractive young lady with a distinctive bun hairstyle.

Without many of the tools available to young filmmakers today, the four friends pro-

duced the film in two months and sent some 300 VHS tapes to studio executives in May 1999. It went on to win praise from big-name directors — including Lucas himself — and to premiere at the Toronto International Film Festival later that year. Now, George Lucas in *Love* is celebrating its 15th anniversary and will be re-released in high definition on iTunes and select video on demand platforms on Tuesday.

THE CANADIAN PRESS



A scene from *George Lucas in Love*. CONTRIBUTED



Kevin Nealon stars in *Blended*, which opens in theatres across Canada next Friday. CONTRIBUTED

Nealon blends comedy and acting

From stage to screen.

Kevin Nealon had to be convinced to give acting a go — and he's glad he did



RICHARD
CROUSE
scene@metronews.ca

People in the Niagara Falls area have two chances to see Kevin Nealon next week. He'll be on the big screen co-starring with Adam Sandler and Drew Barrymore in *Blended*, or for a more up-close-and-personal look, they can check him out on stage at the Fallsview Casino Resort on May 24.

Best known for his nine-year stint as part of the ensemble cast of *Saturday Night Live* where he introduced audiences to characters like Subliminal Message Man, the muscle-bound Austrian jock Franz and Mr. No Depth Perception, he was encouraged to make people laugh at an early age by watching comics on television.

"I loved stand-up growing up," he says. "I used to follow all the stand-ups on TV. I'd highlight when they were going to be on in the TV Guide. Ultimately I decided that would be a great job because I liked telling jokes and I felt kind of an ease with it."

While honing his craft at legendary Los Angeles comedy club The Improvisation — "I pretty much lived there," he says — he was encouraged to try acting.

"One of the co-owners said to me, 'You ought to take acting lessons because one day a casting agent will come into the back of the room, see you and want you to read for their show.' I had (considered acting) but was embarrassed to say so. I didn't have any training or anything, so I took acting classes."

These days he's a SAG Award ensemble nominee for his work on *Weeds*, and can be heard doing voice-work for shows like *American Dad*, but his early performances weren't always so high-profile.

"There was a commercial I did that didn't require a lot of acting. It was for Nabisco Country Crackers

with (country singer) Lynn Anderson. I just had to play the banjo next to her while she fed me crackers. I remember Jay Leno saying, 'Yeah, saw your commercial. Good for you.' Then a week later they found copper dust particles in the crackers and had to recall them all so they took the commercial off the air."

The family comedy *Blended* is his latest outing with Adam Sandler, whom he has previously appeared with in *Little Nicky*, *Anger Management* and *You Don't Mess with the Zohan*, among others.

"Usually you're on board if he's doing something," Nealon says of his frequent collaborator. "There was one movie I wasn't quite sure if I wanted to be a part of. It was called *Grandma's Boy*. It was so lowball and crass. I thought it might be a little embarrassing to be in that one. So I told Sandler I'd probably pass on it and he called me and said, 'I really hope you do this because if you don't do it and it's a big hit I'll feel bad, but if you do it and it's not a big hit, no one is going to see it anyway.' So I said, 'All right, I'll do it.'"

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Deryck Whibley ALL PHOTOS GETTY IMAGES

Sum 41's Deryck Whibley hospitalized for alcohol abuse

Sum 41 singer and Avril Lavigne's ex-husband Deryck Whibley has been in the hospital for the past month due to his alcohol consumption, he reveals on his own website.

"My liver and kidneys collapsed on me. Needless to say it scared me straight. I finally realized I can't drink anymore. If I have one drink, the (doctors) say I will die," Whibley writes alongside photos of him in the hospital. "I was drinking hard

every day. Until one night. I was sitting at home, poured myself another drink around midnight and was about to watch a movie when all of a sudden I didn't feel so good. I then collapsed to the ground unconscious. My fiancée got me rushed to the hospital where they put me into the intensive care unit."

Lavigne herself has taken to Twitter to voice her support, posting, "I am so proud of him. He is family to me and always will be."



Heidi Klum

For Heidi Klum, breakups can be expensive

Heidi Klum split from her bodyguard-boyfriend, Martin Kirsten, back in January after 18 months of dating, but sources say she didn't leave him empty-handed.

"Martin says Heidi treated him well so he would keep his mouth shut," a source says, explaining that it was Kirsten who reluctantly ended their relationship. "He was sick of being a househusband. He did

everything for the children. He says Heidi is a lovely person, but he had to do what was right for him. He's really sad."

But a hefty financial send-off from Klum apparently helped cheer him up. "Martin has been spending thousands of dollars on dinners, parties and clothes," says the source, adding that Klum also apparently bought Kirsten a house for his mother in South Africa.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



Solange, Solange, will we ever know?



STARGAZING
Malene Arpe
scene@metronews.ca

Speculation has run rampant all week as to why Beyoncé's sister Solange would attack Jay Z in an elevator. These are the most likely theories: 1) Solange was standing up for her sister against Jay Z, who is a cheating cheater; 2) Solange was drunk and Jay Z was the nearest target; 3) Illuminati; 4) Masons; 5) Satan; 6) Fight club; 7) Molecules; 8) Milan Lucic told her to.

Ozzy Osbourne has had his application to convert a barn in his Buckinghamshire home denied because the barn is full of bats. "Bet you didn't imagine the revenge would come via good, old-fashioned bureaucracy," said a bunch of bats.

Rumour has it Selena Gomez, while shooting a commercial in New York, asked crew members

named Justin to change their name for the day so as not to be reminded of her ex. Unfortunately for Selena, one of the grips agreed and opted to call himself Baggy pants von Torso-flasher III.

Jennifer Esposito refers to ex-husband Bradley Cooper as mean, cold, arrogant, cocky and a master manipulator in her new book. She then gets upset that this is what the media focuses on rather than her battle with celiac disease.

Kylie Jenner tattooed Lionel Richie's son and posed with a shirtless Jaden Smith. "You're my new favourite," said Kris Jenner. "For now. Don't get complacent."

The pope says he would baptize aliens if they asked him to do so. Tilda Swinton, Lady Gaga and Karl Lagerfeld hiss their excitement and go back to work on their experiments.

Justin Timberlake says "when you look at me, you should understand that I am America." That explains why his hair was just burned in effigy and Britney Spears re-ignited the Cold War.



Mick Jagger

Mick Jagger is now a great-grandfather, but don't call him old

As improbable as it sounds, Rolling Stones frontman Mick Jagger is officially a great-grandfather, as his 21-year-old granddaughter, Assisi Jackson, gave birth to a girl earlier this month, according to Hello magazine.

"I imagine it's nice to be a great-granddad, although I'm not sure he likes the idea of getting old or being called one," Assisi previously told the magazine. "I call him Mick. I wouldn't start calling him Grandpa."

This also means that Jagger's daughter, Jade Jagger, is now a grandmother — despite the fact that she's expecting a baby herself next month. "The women in our family just tend to have children young; it runs in the genes," says Assisi, who was born when her mom was around the same age.

"I wouldn't have considered having a child if I was doing what my friends are doing at this stage. I don't drink, I don't smoke and I'm very settled."

Prince Bieber laps up attention from Paris

While partying away in Cannes, Justin Bieber has made an interesting new friend. Paris Hilton was spotted getting cozy with the shirtless pop star at Busta Rhymes' birthday party, hopping in his lap while he sat on a throne, according to E! News.

Bieber was also reportedly acting "wobbly" and tossing ice into the crowd at one point. The two notorious pop culture figures seemed plenty cosy before exiting the club together.



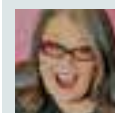
Paris Hilton

Twitter



@jason_mraz

Similar I guess, to sending a postcard to oneself, I just pre-ordered my own album.



@therealroseanne

jennifer lopez is a bore. angelina jolie is too.



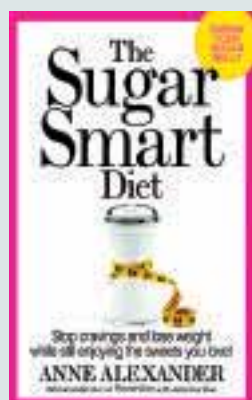
@Sethrogen

I know I can't RT a compliment, but can I favorite one? Can I quote one in a response? Subtweet?! What are the f---ing rules?!?

Bittersweet truth about sugar

You thought chocolate was your friend: it's always there for you when things get rough. But it could actually be the enemy in disguise. From weight gain to diabetes, a diet high in processed sugars is going to make you fat, old and ill. Anne Alexander, author of *The Sugar Smart Diet*, tells us why the sweetest things in life are making us sick.

ROMINA MCGUINNESS Metro World News in London



It'll turn you into a moody cow

Overconsumption of sugar causes mood swings. "Every time you eat a sugary meal, your brain releases a feel-good hormone known as serotonin. So for about half an hour you're on a high (you may have noticed that you have more of a sweet tooth when you're feeling low). But right after that sugar rush comes a crash — and you feel worse," says Alexander. Instead, she recommends doing something that'll make you feel better without taking you through this up/down cycle, such as yoga, a quick walk or meditative breathing.

It's being added to every thing

According to Alexander, Americans alone are eating an average of 130 pounds (59 kilograms) of sugar a year — that's 22 teaspoons a day. They're getting the bulk of it from processed foods, not naturally occurring sources, such as fruit or dairy.

"Most of the time sugar is the first, second or third added ingredient. It's hiding in your pasta sauce, your salad dressing — it's even in your 'skinny' soup," she tells Metro. Why? Companies use it in lieu of fat to make up for the lack of taste. Even so-called healthy foods are full of it: "Yogurt, for example, often contains the same amount of sugar as ice cream," she adds.



Beware the spare tire

"Sugar per se isn't going to make you gain weight; eating too much of it on a daily basis will. The new research coming out on pure fructose is troubling. It stimulates your appetite, and causes you to gain weight really quickly via a process known as lipogenesis. We're not talking about the fructose you get from eating fruit. Many manufacturers have figured out a way to make super-concentrated fructose, which promotes hunger and speeds up the body's ability to make fat," explains Alexander. And as fructose causes globules of fat to be stored in your abdominal organs, that's how you end up with a flabby belly.

It makes you look bad (and old)

A lifetime of sodas, cronuts and whatnot will accelerate age-related damage. "Sugar speeds up the breakdown of the protein fibres responsible for keeping the skin firm and elastic. Once these have been damaged, the skin takes on a more brittle, saggy appearance. This happens via a process known as 'glycation,' whereby sugar in your bloodstream attaches to proteins to form harmful new molecules called advanced glycation end products (AGEs). The more sugar you eat, the more AGEs are produced and as these build up, they damage the proteins nearby," Alexander tells us.



It's making you ill

"People worry about cavities and putting on weight — but at no point do they think about the effect their diet is having on their actual health," says Alexander. "A diet high in processed sugars has been linked to obesity, diabetes and heart disease. It can drive up your cholesterol (which leads to high blood pressure), and cause excess insulin in the bloodstream, which in turn takes its toll on your arteries. It can also increase your risk of getting diabetes: a recent study found that for every extra 150 calories from sugar available per person each day, diabetes prevalence rises by 1.1 per cent."

3 TIPS

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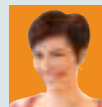
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Calamari gets a sizzling makeover

NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Calamari is usually a deep-fried, restaurant appetizer but it is actually a quick cook, nourishing, low-fat protein.

Squid can be purchased in whole tubes, which are great for stuffing and baking. But make sure they are "cleaned," meaning the guts and inedible tooth are removed. This is one smelly, disgusting job.

A much easier option is to purchase squid frozen and already cut into rings.

A quick sauté in a hot pan or a fast grill is the best way to cook calamari. Flavouring comes later. Marinating only toughens the already rubbery texture, as does overcooking. Truly, you

don't want to cook these for more than two to four minutes over very high heat.

Squid is a decent source of the all-important omega-3 fatty acid, but it is a really great non-meat source of B12, critical for energy production and battling the impact of stress.

The bottom line is simple: don't wait for a deep fryer to enjoy this seafood. Do it at home and be happier, smarter and healthier.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER

AND FOUND DAILY AT MYFRIENDINFOOD.COM



Honey makes squid yummy

Red Rice Bowl with Buttered Calamari. The secret ingredient in this recipe is its dressing, which mixes sweet and savoury flavours

THERESA ALBERT

myfriendinfood.com

There is nothing simpler than a rice bowl topped with some crisp, green veggies and fish.

In fact, in much of the Asian world, this is a no-brainer staple and rice is kept in the rice cooker for just such a dish.

Even if you don't have the forethought to do the rice ahead, it only takes 30 minutes to cook this nourishing foundation.

This recipe uses red rice or brown basmati. Red rice is simply another variety of unhulled rice, but it does have the added benefit of cancer fighting phytochemical, anthocyanin.

1. Remove calamari rings from

freezer and allow to slightly thaw on counter.

2. Add cold water and brown rice to a pot and bring to a boil. Turn down and allow to simmer for 20 minutes while you prepare dressing and calamari.

3. Mix ingredients for dressing: oil, vinegar, lemon or sumac, 1 clove garlic, mustard, honey and red pepper flakes. Set aside 2 tbsp to drizzle at the end.

4. Chop cucumber and cabbage and add to a large bowl. When rice is cooked, add to cabbage, cucumber and stir in all but 2 tbsp of dressing. Add sunflower seeds. Set aside.

5. In a large skillet, melt butter, add garlic and quickly stir in calamari. Toss on high heat for 2-5 minutes until rings are cooked through but not tough.

6. Top rice with calamari and drizzle remaining dressing.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



This recipe serves four. THERESA ALBERT

Ingredients

- 500 g calamari (rings)
- 2 3/4 cups water
- 1 1/2 cups brown rice (red rice or brown basmati)
- 2 tbsp grainy mustard
- 1 tsp honey
- pinch red pepper flakes
- 1 English cucumber
- 6 napa cabbage leaves
- 1 cup sunflower seeds, roasted
- 2 tbsp extra virgin olive oil
- 1/4 cup rice vinegar
- 1 tsp dried sumac or lemon peel
- 1 clove garlic, minced
- 1 tbsp butter
- 1 clove garlic

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Guelph Storm

Family matters not slowing Rychel

Kerby Rychel was on the ice with his father's Windsor Spitfires when they hoisted the Memorial Cup in 2009 and 2010.

Rychel, who was 14 and 15 then, saw up close what he would be playing for in the next four years, what it would take to get it and how it would feel to win it.

Kerby is now in a position to lift that cup because his father traded him to the Guelph Storm in December. Warren Rychel, who played 406 NHL games, has been the Spitfires co-owner and GM since 2006.

Seeing up close the business of the game, Kerby wasn't surprised to be traded, even though he was Windsor's captain.

The Spitfires didn't have all the pieces for a run in the tough Western Conference in the OHL. Also, the OHL had fined Windsor \$400,000 in 2012 and also stripped the Spitfires of three future first rounders and a pair of second rounders for "unspecified recruitment violations."

For eight draft picks and an 18-year-old winger, Guelph received Kerby, a first-round pick of the Columbus Blue Jackets, and fourth-year defenceman Nick Ebert, a Los Angeles Kings prospect.

"He brought me into his office and said, 'We've traded you to Guelph and it's a good opportunity for you. This being your last year in the league, it gives you a good opportunity to win,'" Kerby recalled.

He scored in Monday night's victory and had Guelph's first two goals of the Memorial Cup in a 5-2 win over the Edmonton Oil Kings.

"I didn't only get brought here to score goals," Kerby said. "They have a lot of guys who can do that. I like to think I can play a well-rounded game, play hard and do some of that dirty work you can call it." **THE CANADIAN PRESS**



Storm forward Kerby Rychel was traded from Windsor to Guelph by his father Warren. **GETTY IMAGES**

Starting to worry about the weather

Memorial Cup. Storm through to final with win, and Knights must beat Guelph to carry on



The Guelph Storm booked a ticket to the Memorial Cup final with a 6-3 win over the Val-d'Or Foreurs on Monday.

At 2-0, the Ontario Hockey League champions were assured a berth in Sunday's championship game. The Storm conclude the round-robin Wednesday against the winless London Knights.

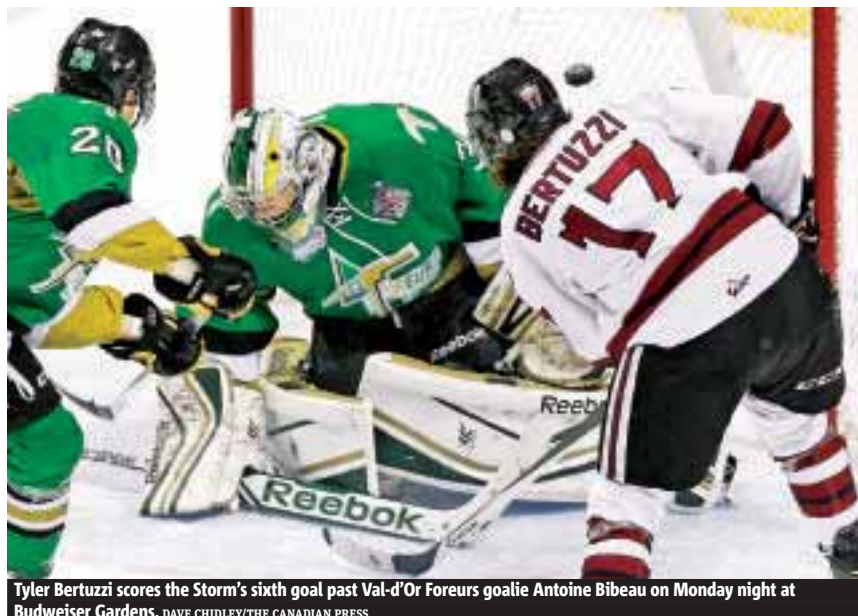
The Foreurs and Western Hockey League's Edmonton Oil Kings are both 1-1 and meet Tuesday night.

Kerby Rychel, Zach Mitchell, Jason Dickinson, Robby Fabbri, Pius Suter and Tyler Bertuzzi all scored for the explosive Storm, who have 11 goals in two games in the tournament.

Scott Kosmachuk had three assists for Guelph. Mitchell, Brock McGinn and captain Matt Finn each had two assists.

Timotej Sille replied with a goal and an assist for Val-d'Or. Anthony Beauregard and Randy Gazzola also scored for the Foreurs.

Storm goalie Justin Nichols made 30 saves for the win. Val-d'Or goalie Antoine Bibeau



Tyler Bertuzzi scores the Storm's sixth goal past Val-d'Or Foreurs goalie Antoine Bibeau on Monday night at Budweiser Gardens. **DAVE CHIDLEY/THE CANADIAN PRESS**

On Monday

6

Storm

3

Foreurs

stopped 30 of 36 shots. He was replaced after two periods by Keven Bouchard, who turned away all 13 he faced.

Storm defenceman Chadd Bauman was tossed from the game in the third period for knee-on-knee contact with Val-d'Or defenceman Guillaume Gelinas. The Foreurs assistant

captain favoured his left knee as he was helped from the ice.

Guelph opened the tournament with a 5-2 win over the Oil Kings on Saturday.

The Storm were the highest-scoring major junior team in Canada this season with 340 goals. They continue to demonstrate speed that stretches defences as well as a wealth of scoring talent, led by Rychel with three goals and an assist in the tournament.

The Storm rattled off four unanswered goals, including three within the first six minutes, before the Foreurs could counter in the second.

The team with the best record at the conclusion of the

Knights' nemesis

The host Knights need a win over Guelph on Wednesday or their tournament is over. The Storm eliminated the Knights in the second round of the OHL playoffs on April 11.

round-robin gets the bye to the final.

Since a day of rest between the semifinal and final was incorporated into the tournament format in 2007, the team with the bye hoisted the trophy four of seven years.

THE CANADIAN PRESS

Knights hoping to finally get some breaks

London Knights head coach Dale Hunter said the team just needs a little help from a higher power to succeed.

"They're giving it all they've got, and sometimes the hockey gods are not kind to you, and we haven't had a real break on the net yet but if we keep working, good things will happen," Hunter said Monday.

The Knights have scored only two goals in two losses to

open the Memorial Cup, both by defencemen. This is from a team that scored more than any other Knights team in the past 15 years.

"The work ethic is there. They're working their tails off, they're hitting, they're finishing their checks and you go through this sometimes, when the puck is not friendly to you, you don't get a lucky bounce," Hunter said.

Knights forward Bo Horvat

agrees with his coach.

"It's definitely been pretty crazy. It's frustrating sometimes but it's all part of hockey. You've got to go through adversity, you've got to go through these type of things. I don't think we've been playing badly," he said.

The Knights, 0-2 in the four-team tournament, meet the Guelph Storm on Wednesday. If they lose, they will be eliminated. **DAVE LANGFORD/METRO**



Dale Hunter says the Knights just haven't been getting any lucky bounces through two losses at the Memorial Cup. **THE CANADIAN PRESS**

4 SPORTS

Lawrie's streak at bat recalls rookie glory

Back at bat.

Jays' second-baseman Brett Lawrie hits seven homers in last 30 games

When a 21-year-old Brett Lawrie crashed upon the big leagues in August 2011 and hit nine home runs in his first 150 at-bats, Blue Jays fans dreamed of what he could do over a full season.

But as it is for so many young players, Lawrie's development path has not been a steady ascent. After averaging a home run every 19 plate appearances in 2011, Lawrie's power seemed sapped in 2012 and 2013, when he struggled with his approach at the plate and his home-run rate shrunk by more than half as he averaged just one homer in every 44.5 plate appearances.

After getting off to a slow



With the pop returning to his bat, Brett Lawrie is living up to the offensive potential he displayed in the 2011 season. HANNAH FOSLIEN/GETTY IMAGES

start to this season, Lawrie now has seven homers in his last 30 games and is back to slugging at his 2011 rate.

But the man himself, fast-talking and tightly wound, is rarely keen on introspection. Asked last week what he's

doing differently this year, Lawrie said he's "just going up there looking to do damage and trying to help the boys."

So to get a little more insight into the power boost, we turned to Jays hitting coach Kevin Seitzer, who has only

started working with Lawrie this season but knows of his past.

"He's getting himself in a good position consistently and not over-swinging, using his hands, not trying to do too much and really staying in the middle of the field," he said. "When you do those things you got a chance to have the hand speed that you need and the timing that you need in order to drive the ball — and he's got tremendous power."

As the saying goes, baseball is a game of adjustments, and Seitzer said it takes time for young players to figure that out.

"It takes a while in order to learn the process of what you need to do consistently in order to beat somebody," he said. "That's part of the maturity process that takes a while for a young kid when they come up."

TORSTAR NEWS SERVICE

Price out

Injury benches Habs' lead goalie

Without Carey Price, the run for a first Stanley Cup in 21 years got steeper and longer for the Montreal Canadiens.

Coach Michel Therrien looked grim and even angry as he delivered the news Monday morning that the goaltender who backstopped Canada to gold at the Sochi Olympics will miss the rest of the NHL Eastern Conference final.

He gave no details of the injury, a suspected right-knee problem, but suggested Price would be back if the Canadiens can get past the New York Rangers and reach the Stanley Cup final.

"Carey Price won't be able to play, not only for tonight but for the rest of the series," said Therrien. "Really disappointed. He's our best player."

"We need to rally around Carey. We need to give him a chance to play again this season."

Price clutched his right knee when Rangers for-



Carey Price GETTY IMAGES

ward Chris Kreider crashed into him skates-first at 3:15 of the second period of New York's shock 7-2 win in the series opener on Saturday afternoon.

Therrien was angry the next day when it became clear the injury was worse than first suspected, saying Kreider could have tried to avoid the collision. And he was simmering on Monday, pointing out Kreider's history of hitting goalies.

"Looking at the incident, it's a reckless play," said Therrien. "That's the truth."

THE CANADIAN PRESS

On the net:

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Michigan field of dreams has gone to seed

The 80,000-seat Silverdome in Pontiac, Mich., hosted the Super Bowl, the NBA Finals, the World Cup, Wrestlemania, a papal visit and concerts by Elvis Presley, Led Zeppelin and the Rolling Stones. Nowadays, the venue is a shell of its former self with its roof in tatters and a lack of electrical power that has left the stadium's innards dark and mould-covered. The Silverdome's current owner is determined to cash in before it's too late, putting everything inside up for auction starting on Wednesday. CARLOS OSORIO/THE ASSOCIATED PRESS

Tarnished Sterling

Clippers' owner may lose team

The NBA charged Donald

Sterling on Monday with damaging the league and its teams with his racist comments, setting up a June 3 hearing after which owners could vote to terminate his ownership of

the Los Angeles Clippers.

A number of sponsors suspended their deals with the Clippers in the wake of Sterling's remarks.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries

March 21 - April 20

Don't worry if you find it hard to put your feelings into words – your body language will tell partners and loved ones all they need to know.

♉ Taurus

April 21 - May 21

Why are you so determined to take a negative view of everything that happens? The planets warn in no uncertain fashion that if you think bad thoughts then bad things are more likely to happen.

♊ Gemini

May 22 - June 21

You may have to postpone something you were looking forward to today, but come the end of the week you will look back and be glad you were forced to change the timing.

♋ Cancer

June 22 - July 23

You don't have to be number one all of the time, even though as a cardinal sign you are used to being a leader. If you want to get ahead this week you must compromise.

♌ Leo

July 24 - Aug. 23

You don't have to commit yourself to something if it doesn't feel right. Others may try to make you feel guilty about leaving them in the lurch but it is your own needs that take precedence.

♍ Virgo

Aug. 24 - Sept. 23

It may seem as if a dream is not going to come true but more likely the planets are making you wait a bit so that when the things you desire eventually come your way you will appreciate them more.

♎ Libra

Sept. 24 - Oct. 23

You should know by now that change is the only constant in life and the really good news is that the changes coming your way over the next few days will delight you.

♏ Scorpio

Oct. 24 - Nov. 22

You'll be a bit touchy as the new week begins, perhaps due to a vague fear that a work colleague is plotting against you. Most likely there is no truth in it at all.

♐ Sagittarius

Nov. 23 - Dec. 21

It's good that you support some kind of cause but don't fall into the trap of believing that it's OK to use underhand methods to further your aims.

♑ Capricorn

Dec. 22 - Jan. 20

There is no point arguing with people in positions of power, especially now that Mars, planet of ambition, is resuming its normal direction.

♒ Aquarius

Jan. 21 - Feb. 19

It may seem as if your rivals are being favoured while you are being ignored but even if that is true why should it worry you? Since when have you been the sort who needs other people to help you?

♓ Pisces

Feb. 20 - March 20

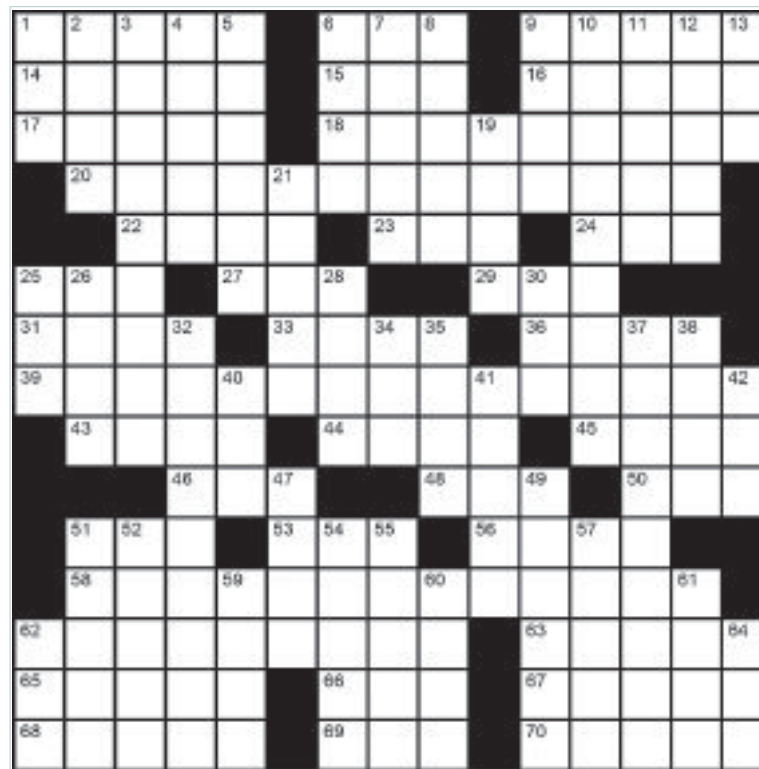
You may have every right to get angry with someone who has let you down but you will make a better impression if you forgive and forget and act as if nothing important has occurred. In the greater scheme of things, it's no big deal.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- The __ ("Cherish" '60s band, briefly)
- Sports: Patriots' gr.
- Actor Mr. Griffin
- Bing Crosby's "___-Loo-Ra-Loo-Ral"
- Philosopher, ___-tzu
- Hokey
- Heroism [var. sp.]
- Swiss ___
- Stevie Wonder hit that goes "Call up, ring once, hang up the phone...": 2 wds.
- Katy Perry hit
- Freelancer's encl.
- "Cold Mountain" (2003) role
- Hawaiian fish
- Fleur-de-quoi?
- QC city
- Tart
- Three-___ sloth
- Belonging to an '80s TV alien
- Servings from Mommy's kitchen: 3 wds.
- Letters beside GHJKL
- "Finding ___" (2003)
- 2010 Ringo Starr album: "___"
- Radio setting [abbr.]
- Gremlin
- Flames, on scoreboards
- Whale sort



- Muesli tidbit
- Carefree
- Thousands of American resistors of the Vietnam War settled in Nelson, BC in order to?: 3 wds.
- New York's famed

- artsy school
- High nest, vari- antly
- Play part, ___
- Mr. Chaney
- "I ___ break!"
- 2003 to 2004 sitcom, "Oliver ___"

- Singer Salonga
- Wooden
- Four-wheeler, e.g.
- Cleanser
- Glassy/sunny exten- sions
- Storm aka ___ Mun-

- roe, Halle Berry's role in "X-Men: Days of Future Past" (2014)
- Felix __, Canadian electronica producer
- Jai __
- Barn locales
- Cage the Elephant's

- "___ Little Closer"
- Designer, Marc ___
- Toronto's DVP = ___ Parkway
- ___ fruit
- Prefix with 'red'
- Behold
- Space: Primordial matter
- "___ calm down." (Breeeathe)
- Strong wood
- Q. "Is '___' sound owls make?" A. "Indeed."
- Shortly
- Cap
- Canadian movie for Samuel L. Jackson, "The ___" (1998)
- Barely get by
- Ms. Moore
- Footloose's friend
- Plod wearily along
- Money exec
- Like some sports stadiums
- Pen
- CCR tune
- "The ___ Trap" (1998)
- Certain condiment
- Internet-sent invitation
- Beatles' "Any Time ___"
- Pang
- British singer Leo
- Nastase of tennis
- Dame Everage link
- Neap ___
- Critical comment
- "Euclid" suffix

Friday's Crossword

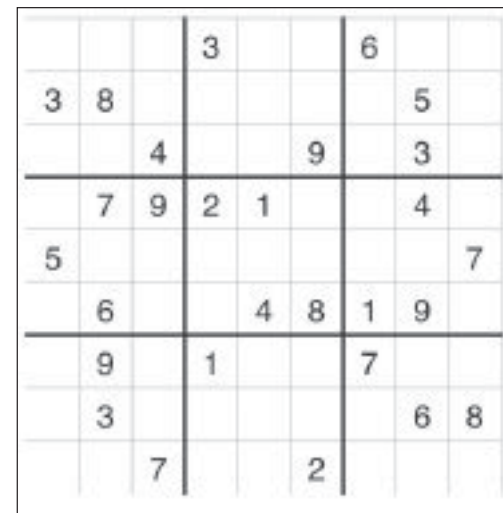
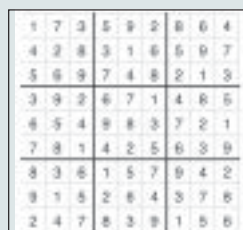


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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